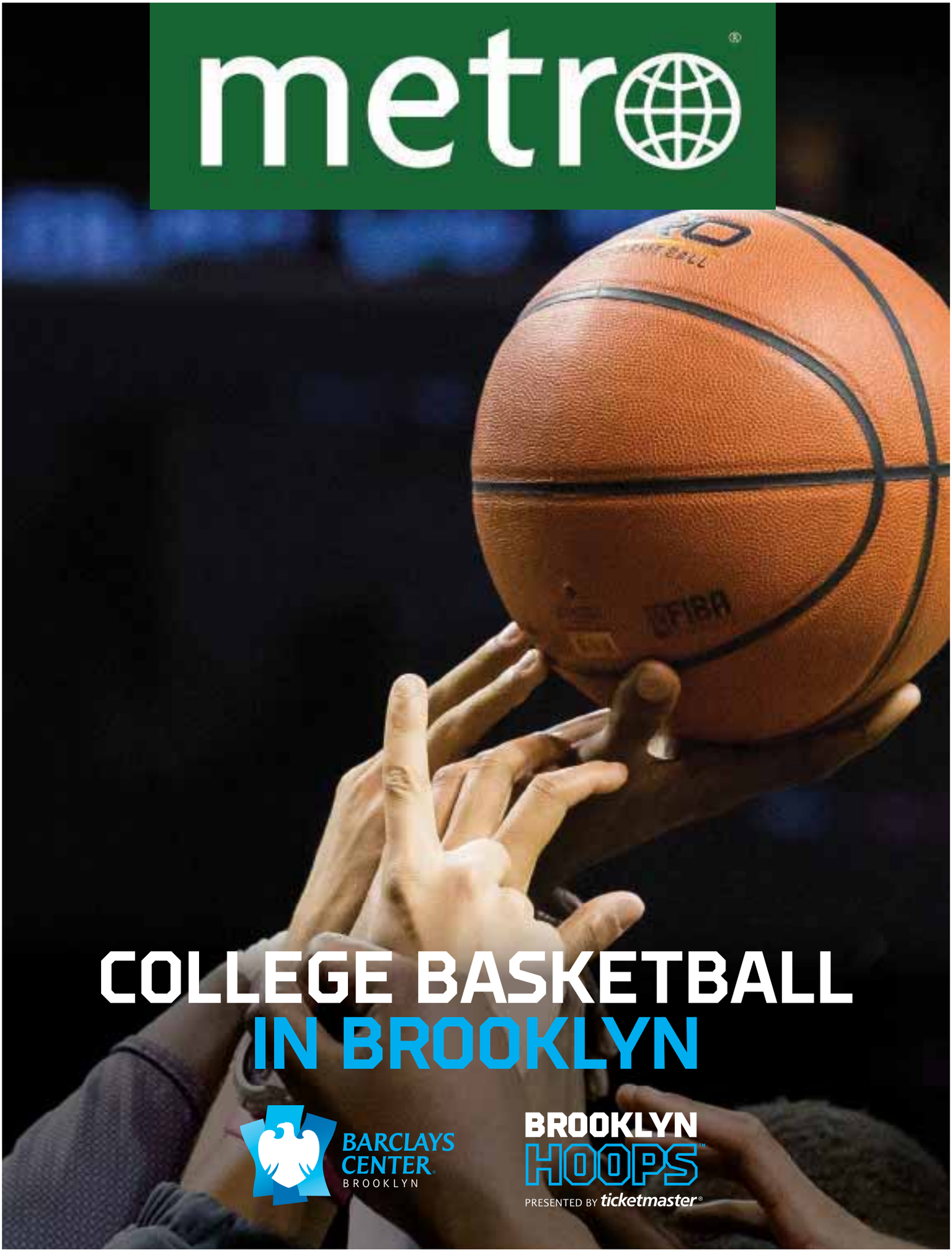
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EMIGRATING IF YOUR CANDIDATE LOSES?

Let your voice be heard in Metro's three Election Day polls. 2

Deepak Chopra eases your election stress. 24-25

Knicks need to right the ship fast. 26

DECISION DAY

Ugly campaign comes to a close as voters go to the polls. 2

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Take our daily news quiz to test your knowledge by going to **www.metro.us/news-quiz** to submit your answers.

1. Disgraced former congressman Anthony Weiner has focused attention on what growing problem?

2. What is the Devils' record so far this season?

3. What early Kate Winslet movie also starred "Rainbow Time" actress Melanie Lynskey when she was a teen?

3 things you need to know

ISRAEL SAYS 'NO' TO MIDDLE EAST PEACE CONFERENCE IN PARIS

Israel on Monday formally rejected France's invitation to take part in a Middle East peace conference in Paris later this year, saying it was a distraction from the goal of direct negotiations with the Palestinians. At a meeting in Jerusalem with Israel's acting national security adviser and Prime Minister Benjamin Netanyahu's diplomatic adviser, French envoy Pierre Vimont was informed that Israel wanted nothing to do with the effort to revive talks that last broke down in 2014. "[They] told the French envoy in a clear and unequivocal manner that Israel's position to promote the peace process and reach an agreement will only come through direct negotiations between Israel and the Palestinian Authority," Netanyahu's office said in a statement. REUTERS

IRAQ PESHMERGA STORM ISLAMIC STATE TOWN AS ARMY BATTLES IN MOSUL

2 Iraqi Kurdish peshmerga forces stormed an Islamic State-held town northeast of Mosul, clearing a pocket of militants outside the city while Iraqi troops wage a fierce urban war with the jihadists in its eastern neighborhoods. As the operation against Islamic State's Iraqi stronghold entered its fourth week, fighters across the border launched an offensive in the Syrian half of the jihadist group's self-declared caliphate, targeting its base in the city of Raqqa. An alliance of U.S.-backed Kurdish and Arab groups launched the campaign for Raqqa, where Islamic State has been dug in for nearly three years, with an assault on territory about 30 miles to the north which they have dubbed Euphrates Anger. The battle for Raqqa will be every bit as challenging as the one for Mosul, with both cities carrying huge strategic and symbolic value to the jihadists and their self-declared caliphate covering territory in both Syria and Iraq. REUTERS

FACEBOOK PARTNERS WITH NEWS FOR ELECTION DAY LIVE VIDEO BLITZ

3 Facebook said it would partner with 50 broadcast stations, print and online publications for an Election Day live video blitz, as the social media company aims to build on the momentum of its popular Facebook Live video streaming service. The move comes as Facebook and rival sites like Twitter increasingly embrace live video to draw in users and boost traffic. Facebook warned last week that revenue growth would slow this quarter because of "ad load," or the number of ads that Facebook can put in front of customers without alienating them, offsetting strong earnings that handily beat Wall Street estimates. Each outlet partnering with Facebook will publish a 15-minute live video centered on the presidential election in one of the 50 states. The content will be featured on Facebook's "Election 2016" site on Tuesday and include the hashtag #50states. REUTERS

Clinton and Trump chase last-minute support

Recent polls give Clinton a slight edge.

Democratic presidential nominee former Secretary of State Hillary Clinton. GETTY IMAGES

The long presidential campaigns neared their end on Monday in the same angry tone they began, with Republican Donald Trump calling Democrat Hillary Clinton a "phony" and Clinton accusing her opponent of worsening divisions throughout the country.

As public opinion polls showed Clinton with a narrow lead, she and Trump raced through several battleground states in a last-ditch attempt to encourage their respective supporters to show up at voting booths on Tuesday.

Clinton sought to capture more votes from Latinos, African-Americans and young people, while Trump was looking to rev up disaffected auto workers and a middle class he says has been sidelined by the political establishment.

Clinton was bolstered on the campaign trail by President Barack Obama, who spoke to a crowd of some 9,000 people at the University of Michigan in Ann Arbor, urging young people who supported him in 2008 and 2012 to do the same for Clinton.

Obama, ending his second term in office with strong approval ratings, reiterated his charge that Trump is "temperamentally unfit to be commander in chief," and cast the wealthy New York real estate developer as out of touch with most Americans.

"In his 70 years on Earth, the Donald has never shown any regard for working folks. I don't think he knows working people, except for the folks who clean up in his hotels and the folks who mow the fairway on his golf course," Obama said.

With only hours left before Election Day, the Clinton campaign was boosted by Sunday's unexpected announcement by FBI Director James Comey that the agency stood by its July decision not to press any criminal charges in an investigation of Clinton's email practices while she was secretary of state.

The latest opinion polls showed Clinton ahead: a Fox News poll showed her leading Trump by 4 percentage points among likely voters and Clinton also held a 4-point lead in an ABC/Washington Post poll and a CBS news poll released on Monday.

Financial markets brightened in reaction to the latest twists in what has been a roller coaster presidential campaign. Global stock markets surged, as did the U.S. dollar, putting them on track for their biggest gains in weeks, as investors saw Sunday's announcement by Comey as boosting Clinton's chances of winning.

Clinton's comfortable lead had eroded since late last month and investors had been unnerved by the tightening race, preferring what is seen as a known quantity in Clinton, over the political wild card, Trump.

While opinion polls show a close race but tilting toward Clinton, major bookmakers and online exchanges were more confident of a Clinton victory. PredictIt put her chances of capturing the White House at 81 percent.

Victory is defined not by the popular vote, but by an Electoral College system that awards the White House on the basis of state-by-state wins, meaning a handful of states where the race is close assume an outsized importance. REUTERS

Take Metro's Election Day polls at **metro.us/election-day**

What you need to know to cast your vote

Everything we've seen and heard and read the past 18 months all comes down to Tuesday's vote.

After contentious campaigns by both Hillary Clinton and Donald Trump, the time has come for citizens to decide who will be the next U.S. president.

Here's what you need to know about Election Day:

GETTY IMAGES

When can I vote?
Polls will be open from 6 a.m. to 9 p.m. Tuesday.

I'm not registered. Can I still vote?
No. The registration deadline was Oct. 14.

I think I registered in time. How do I find out if I'm good to go?
You can visit elections.ny.gov and click the "Want to find out if you are registered and where you vote?" tab.

I have no idea where I'm supposed to vote. Help!
See above, or visit vote.nyc.ny.us.

What do I need to bring to the polling station?
If you've voted in New York before, you don't need your ID to vote in person. But we recommend bringing your driver's license or state ID card and know your Social Security number just in case.

This is my first time voting. What can I expect?
Once you get to your designated polling station, your address will be looked up to make sure you're in the right place. After signing your name on the list of registered voters, you'll get a voter card, ballot and privacy sleeve and be directed to an area where you can privately cast your vote.

Aside from the presidential candidates, who else can I vote for?
You can input your address on Ballotpedia.org to look up a sample ballot for your area.

I don't think I want to be alone as the results come in. Where should I watch coverage of the results?
Luckily, we've got a handy guide to the best election night viewing parties at the ready. NIKKI M. MASCALI

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Election Day Zen: Experts offer tips for personal peacemaking

Do not let Election Day madness control you.

AMANDA MIKELBERG
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In addition to fierce traffic on Election Day, there are polling station lines, threats of terrorism, potential electronic tampering, voter mishaps, and the nauseating prospect that your preferred candidate will lose.

The anxiety has been building for months, and its consequences on your health could be more serious than its effects on the nation. Experts recommend taking a mindful approach for getting through the day — and coping with the results — in order to minimize the possibility of emotional overwhelm, illness and interpersonal conflict.

"Politics in general tends to increase people's stress levels—throw in this controversial election and you have a very unpleasant cortisol cocktail flowing throughout your body," New York-based certified life coach Kristen Elyse told Metro.

"Too much cortisol, your body's stress hormone, can impair cognitive and gastrointestinal functions, and make you a generally not pleasant person to be around," she said. "You need to actively work toward reducing your stress so it does not control you."

Elyse recommends a five-point coping plan to get you through the day and stay in optimal mental and physical fitness:

- **Take action where you can and vote.** One of the biggest causes of stress I see on a regular basis is not feeling like you are in control. Voting is an action that creates a greater sense of control.
- **Turn off the TV and stop scrolling through social media.** A lot of the time, we use TV and social media to confirm what we already believe, and when people don't agree with our point of view we get extra worked-up. Don't seek out provoking situations.
- **Practice self-care.** In times of high stress it's even more important. Go to a yoga class. Read a book. Go out to eat. Take a bath. Do something extra special for yourself that has nothing to do with politics.
- **Treat others how you would want to be treated.** Don't bash someone for having opposing views as you. Everyone is entitled to their beliefs and that doesn't make your belief wrong. Practice compassion toward yourself and others no matter who they are voting for.
- **Stop borrowing trouble.** One of the reasons this election is so stress-provoking is that we are creating doomsday scenarios as to what could happen if a certain candidate is elected. Practice mindfulness and focus on what you can do with what is happening right now (vote!). If and when a situation arises in the future, that will be your time to take action on it.

NIKOLAI KASHIRIN/CREATIVE COMMONS

For some, the grief might be felt the strongest after the election.

"It certainly can trigger a trauma response," said grief counselor Nesreen Mahmoud. "This can be a very significant loss for people if it goes one way or another. The important thing is to seek support from friends and be around a nonjudgmental person. And take action, because as in cases of loss and bereavement, not having the right outlets can deepen the pain and fear as with the loss of a loved one."

Amelia Barnes, a certified life, leadership and relationship coach, advises against dwelling on a negative outcome.

She offers these observations:

- Take a few days (or weeks) to vent and commiserate with buddies.
- Yes, you will go through a grieving process, and it is not pleasant.
- Be self-compassionate and take good care of yourself.

"It's OK to rant and rave for a few days but the time will come to step out of your pity party, fear based, victim place," she added. "Let's put our differences aside and work to both make America great and of course, we are stronger together."

Eight casualties of the 2016 presidential election

Debbie Wasserman Schultz

The chairwoman of the Democratic National Committee was one of the first to succumb. Leaked emails showed her championing Hillary Clinton's interests to the apparent detriment of Bernie Sanders. With her ouster came an outpouring of personal attacks. She was labeled a narcissist, compared to Donald Trump and accused of using the DNC for personal advancement.

Donna Brazile

After Wasserman Schultz was booted from the DNC, Donna Brazile, a political strategist and member of CNN's roundtable of pundits, was installed as the DNC's interim chair. A WikiLeaks email crack revealed Brazile had tipped off the Clinton campaign off to a question that would be posed during a town hall debate in March. The email cost Brazile her job on CNN in late October.

GETTY IMAGES

Billy Bush

Access Hollywood host Billy Bush co-starred with Donald Trump in the infamous 2005 videotape. Although Bush did little more than laugh when the future Republican nominee made lewd, predatory remarks about groping women, his association with the incident forced him out of NBC, which had recently made him a host on Today.

Women, immigrants and minorities

Donald Trump declared open season on immigrants when he announced his candidacy in June 2015 and accused Mexican immigrants of being criminals and proposed the building of a border wall to keep them out. In the following months Trump proposed a ban on Muslims from entering the country, depicted black lives as hopeless, mocked Asians and the disabled. His insults to women were many, and included a rude remark about Carly Fiorina's face and a complaint that a Miss Universe looked like a pig.

Obamacare

Barack Obama's Affordable Care Act was trampled this year. Trump called Obamacare a "disaster." Bill Clinton said Obamacare is "the craziest thing in the world."

James Comey and the FBI

FBI director James Comey injected himself into the election in July when he first cleared Hillary Clinton of wrongdoing in the email investigation, then backtracked, then reaffirmed. He repeated his flip-floppery in the tense final days of the election when he chose to notify Congress that there may be new evidence implicating Clinton, and then wrote another letter canceling that out on Nov. 6. The episode positioned Comey as a target for both Democrats and Republicans, who have been calling for investigations into his dealings and suggesting he be booted.

Bill Clinton

Desperate to deflect attention from accusations of his sexual misconduct, Donald Trump called a surprise news conference with Clinton's "victims" moments before the second presidential debate on Oct. 9 in Las Vegas. The group included Juanita Broddrick, a woman who claimed Clinton raped her in 1978.

Tic Tacs

Tic Tacs were rolling in their dispenser after the Access Hollywood footage went viral. "I'm going to use some Tic Tacs in case I start kissing her," Trump says in the video as he approaches a woman. Tic Tac USA took a tasteful stance. "Tic Tac respects all women. We find the recent statements and behavior completely inappropriate and unacceptable," the company tweeted. AMANDA MIKELBERG

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BRIEFS

New York City boosts security for Election Day
Expect to see a massive police presence in the city during Tuesday's balloting – more than twice the number of officers deployed on any previous Election Day, according to NYPD officials.

A primary reason for the build-up of police forces is the need for additional security in the area where the two presidential candidates will have their election night parties. The venues are only a few blocks from each other.

The NYPD will supplement security provided to the candidates by the Secret Service. Clinton is holding her campaign event at the Javits Center on election night. Trump will gather with his supporters at the Hilton hotel in Midtown.

Streets around the convention center and the hotel will be closed Tuesday, beginning at 6 a.m.

More than 5,000 officers will be deployed on Election Day, said NYPD Chief of Department Carlos Gomez during a news conference Monday at Times Square.

"This is by far the largest election detail the NYPD has ever had. It's more than double our previous high," he said. "It's comparable to New Year's Eve and the pope visit."

Police officials dismiss reports of alleged terrorist threats relative to Election Day.

"ISIS puts out these threats widely over their social media before many events," said NYPD Deputy Commissioner of Intelligence and Counterterrorism John Miller. "We've seen them before holidays. We've seen them before special events. This is part of their M.O."

No credible threat has been made against the city, he stressed.

Mayor Bill de Blasio said that officers will be stationed at all of the 1,200 polling places in the city. **GARY KANE**

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Rikers Island **GETTY IMAGES**

Public voicing opinions on fate of Rikers Island

More than 100 people have completed an online survey about the future of Rikers.

ERIC GIRARD
@MetroNewYork
eric.girard@metro.us

City officials might have a better grasp of what to do with the infamous Rikers Island jail this spring as a campaign to solicit public input about the facility completes its task.

In the past few years, Rikers Island, the correctional facilities compound that houses about 10,000 of the city's inmates, has been the subject of a Department of Justice report that accused corrections officers of rampant use of unnecessary and excessive force against male teenagers and a lawsuit filed by 11 former inmates who cited horrific brutality, just to name a few problems. Decay and environmental hazards at Rikers Island, which opened in the 1930s, are also creating safety concerns.

Earlier this year, the Independent Commission on New York City Criminal Justice and Incarceration Reform was formed to study the future of jails and what should happen to Rikers Island. It is also examining whether the inmate population can be reduced, as the majority of those in jail are awaiting trial. The commission consists of two dozen experts and advocates from a variety of backgrounds, from law enforcement to academia to former inmates.

As part of the public outreach component of its investigation, the commission has a form at morejustnyc.com/public-input to gauge opinion: Should Rikers Island be maintained as is, rebuilt, reduced in size, or closed? If it is no longer a jail, what should it be? What should the jails of tomorrow look like?

So far more than 100 people have weighed in. Their opinions are among the data that will be compiled during the next few months. The commission's final recommendations will be determined in the spring.

"Right now we're not prepared to go into detail as to which way people are leaning or what they're saying," said Anna Durrett, a spokesperson for the commission. "Public engagement is ongoing. We're continuing to solicit feedback. People are passionate about this."

In addition to the online form, public events are planned in every borough. The next one, a roundtable to discuss how to make the city's criminal justice system more just and humane, is planned at 6 p.m. Dec. 5 at Borough of Manhattan Community College.

"Central to creating a more just criminal justice system is understanding how it impacts everyday New Yorkers, Jonathan Lippman, a retired judge who is the chairman of the commission, said on the panel's website.

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BRIEF

Southwest Airlines pilots approve new contract

Pilots at Southwest Airlines voted to ratify a new contract that hikes wages and alters retirement benefits, their union said on Monday, following more than four years of talks.

The approval marks a step toward better labor relations at the U.S. budget airline after recent picketing by workers and calls by union leaders for two executives to resign.

Shares were up 3 percent at the market's close.

The new contract raises pay by 15 percent upon ratification, followed by increases of 3 percent annually through 2020, the Southwest Airlines Pilots' Association said in a news release.

The deal, reached with the help of U.S. mediators, moves pilots from a company-matching pension plan to one where they are not required to contribute to receive benefits, the union said.

It also protects pilots' work in case Southwest chooses to market flights on non-U.S. airlines.

More than 84 percent of voting pilots approved the deal, with turnout at 96 percent, the union said.

Southwest is "starting to put behind some of the rancor that has punctuated the place for the past couple years," industry consultant Robert Mann said.

A July computer outage that forced Southwest to cancel more than 2,000 flights added to workers' discontent. Weeks afterward, leaders from four unions submitted a vote of "no confidence" for Southwest's chief executive officer and chief operating officer.

"Even the most ardent labor supporters start to ask questions when you can't run a clean operation," said Mann. "It is absolutely no fun apologizing to people all day long" for flight cancellations. REUTERS

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Robert Durst GETTY IMAGES

Robert Durst of 'The Jinx' pleads not guilty to murder in Los Angeles

Durst was previously tried and acquitted for the 2003 killing and dismemberment of a Texas neighbor and was under investigation in the 1982 disappearance and presumed slaying of his wife, Kathleen, in New York.

Wealthy Manhattan real estate scion Robert Durst, a suspect in investigations of several slayings over the years, pleaded not guilty on Monday in a Los Angeles courtroom to a charge of murder in the fatal shooting 16 years ago of a close friend.

His arraignment came seven months after Durst, 73, the subject of last year's HBO documentary series "The Jinx," pleaded guilty in New Orleans to a federal weapons charge in a separate case and was sentenced to seven years in prison.

He stands accused in Los Angeles Superior Court of fatally shooting Susan Berman, a writer and longtime confidante, on Dec. 23, 2000, because of what she knew about the demise of his wife two decades earlier.

Durst, wearing a neck brace, was rolled into Los Angeles County Superior Court in a wheelchair for the arraignment, during which Deputy District Attorney John Lewin said prosecutors would not seek the death penalty if Durst were convicted.

One of Durst's lawyers formally entered a not-guilty plea on his behalf to a single count of first-degree murder. But Durst himself professed his innocence to the court moments later.

Asked by Judge Mark Windham whether he could understand the proceedings when defense attorneys complained Durst was having trouble hearing, the defendant said, "I hear fine now."

He then added in a slightly quavering voice: "I do want to say here and now, though, I am not guilty. I did not kill Susan Berman." REUTERS

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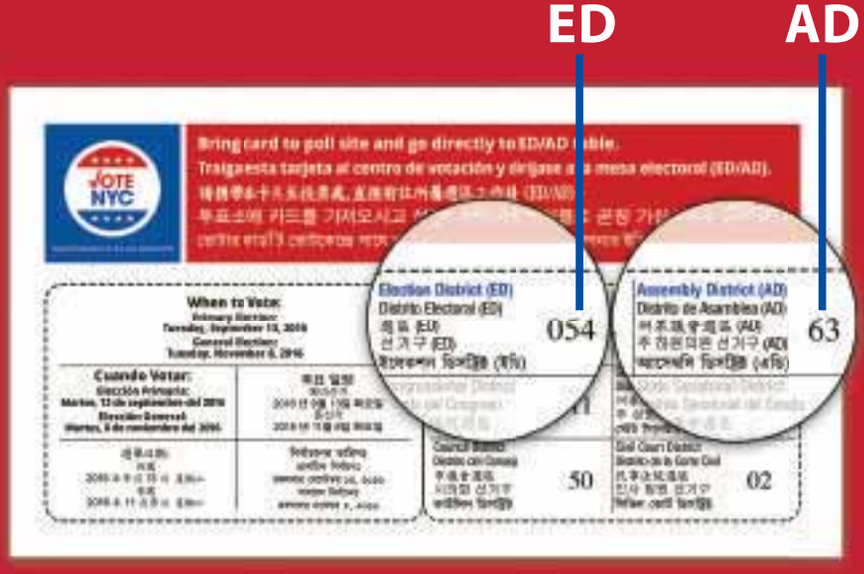

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Janet Reno, first woman attorney general, dies aged 78

Former U.S. Attorney General Janet Reno GETTY IMAGES

Reno served as the top law enforcement official during Democrat Bill Clinton's presidency from 1993 to 2001, becoming the longest-tenured attorney general of the 20th century.

Blunt-spoken Janet Reno, who served eight years as the first woman attorney general and authorized the deadly 1993 raid on the Branch Davidian cult compound in Waco, Texas, just weeks into the job, died on Monday at age 78.

Reno died in Miami of Parkinson's disease complications, according to her goddaughter, Gabrielle D'Alemberte. Reno was diagnosed with the progressive central nervous system disorder in 1995.

She authorized the seizure by federal agents in 2000 of 6-year-old Cuban shipwreck survivor Elian Gonzalez from relatives in Miami, as well as the government's huge antitrust case against Microsoft Corp. in 1998.

Clinton said on Monday, "As attorney general for all eight years of my presidency, Janet worked tirelessly to make our communities safer, protect the vulnerable, and to strike the right balance between seeking justice and avoiding abuse of power."

The former Miami prosecutor, picked by Clinton only after his first two choices for the job ran into trouble, exhibited an independent streak and a brusque manner that often upset the White House.

Reno weathered White House complaints that she was not a team player and that she sought too many special prosecutors to investigate cases, including the Whitewater affair involving the finances of the president and first lady Hillary Clinton.

"Janet Reno was an American original, a public servant whose intellect, integrity and fierce commitment to justice helped shape our nation's legal landscape."
President Obama

Reno was only 38 days into the attorney general's job when she approved the April 19, 1993, FBI raid that led to the deaths of about 80 people, including many children, at the Branch Davidian cult compound in Waco, Texas.

Federal agents had earlier tried to serve a warrant on the cult's leader, David Koresh, who said he was the Messiah, for stockpiling weapons. Four agents and six cult members were killed in an ensuing shootout, leading to a 51-day standoff.

With negotiations at an impasse, Reno gave the go-ahead for the raid after hearing reports of child abuse in the compound. The raid on the heavily armed cultists ended in an inferno that engulfed the site.

"I made the decision. I'm accountable. The buck stops with me," a grim-looking Reno told a news conference later.

Reno took a personal interest in the political tussle over Elian Gonzalez, the young shipwreck survivor whose mother drowned fleeing Cuba.

Reno met the boy and his Miami relatives, who battled to keep him from returning to communist Cuba, and his father and grandmothers, who wanted to raise Gonzalez in his homeland.

Reno argued that Elian belonged with his father and acted after the Miami relatives defied a U.S. government order to hand him over. She authorized armed agents to take the boy from his relatives' home in a predawn raid in April 2000 and reunite him with his father, who took him back to Cuba.

The raid infuriated members of Miami's Cuban exile community, who called her a "witch" and a lackey of Cuban President Fidel Castro.

In 1998, Reno's Justice Department brought a huge antitrust case against Microsoft. Two years later, a federal judge ordered the breakup of the software giant because it had ignored his ruling that it had used unlawful monopolistic practices.

The case was settled in 2001 by the administration of President George W. Bush, Clinton's Republican successor, in terms seen as favorable to Microsoft. REUTERS

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Case of Georgia man in son's hot-car death goes to jury

In their closing arguments, prosecutors said Harris drove to work with the child and "with his selfish, malignant heart, left him there to die," Cobb County Assistant District Attorney Chuck Boring said.

A Georgia jury was set to begin deliberations in the case of a man charged with murdering his son by leaving the toddler in a sweltering car, after prosecutors said on Monday the man allowed the boy to suffer so he could be free of his marriage and child.

Lawyers for Justin Ross Harris, 35, told the jury on Monday the death his 22-month-old Cooper in June 2014 was an accident. Deliberations were planned to start on Tuesday morning and if convicted, Harris could face life in prison.

"You'll have to do some mental gymnastics to find Ross guilty of anything," defense attorney Maddox Kilgore said in closing arguments, noting that Harris was planning a future with his wife and son.

Cooper died after being locked in Harris' SUV outside his workplace in suburban Atlanta.

Harris wept openly in the courtroom as his attorney played a home video of Cooper laughing as Harris taught him to play a guitar.

More than 1,000 pieces of evidence were presented in court, including text messages that were part of the prosecution. One of those messages was sent by Harris about 10 minutes before he left the car with the boy inside the car and it read: "I hate being married with kids. The novelty has worn off and I have nothing to show for it."

Justin Ross Harris sits in Cobb County Magistrate Court in Marietta, Georgia, in 2014. KELLY HUFF/POOL/FILE PHOTO

"I hate being married with kids. The novelty has worn off and I have nothing to show for it."
Text message evidence

The court heard about Harris' trail of extramarital affairs and encounters with prostitutes and how he sent sexually charged texts and naked pictures to women and underage girls.

The defense contends Harris drove straight to work after a father-and-son breakfast at a Chick-fil-A, instead of taking a U-turn toward the child's day care. Whatever Harris' sexual sins, this case was no different than many other parents who forgot a child in a car, his lawyers said.

His former wife testified that Harris "ruined her life," but would never have intentionally harmed his son.

About 70 witnesses, including a prostitute, several teenaged girls, friends, co-workers, detectives and experts testified during the six-week trial.

The proceedings were moved to Brunswick, Georgia, some 300 miles from suburban Atlanta, after the court failed to seat an impartial jury last spring. REUTERS

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Wal-Mart Pay in talks with several mobile wallet companies

Customers can pay within the app with any major credit, debit, prepaid or Wal-Mart gift card.

Wal-Mart Stores Inc. is in talks with several mobile wallet companies to offer more payment options in its Wal-Mart Pay app, an executive at the world's largest retailer said, after signing up JPMorgan Chase & Co. last week.

Starting next year, Chase Pay will become the first third-party digital wallet on Wal-Mart's website and app, they said on Thursday.

Daniel Eckert, senior vice president of services at Wal-Mart U.S., said in an interview late on Friday that the retailer would tweak its marketing for the app after the most frequent users turned out to be Gen X customers, born from 1965 to 1977, and baby boomers born from 1946 to 1964.

"The target demographic during the launch of a technology product tends to be younger, more male, so we have had that target market in mind."
Eckert

"The target demographic during the launch of a technology product tends to be younger, more male, so we have had that target market in mind," Eckert said.

U.S. mobile payments accounted for an estimated $67 billion in 2015, and are expected to grow this year to $83 billion, or 24 percent of all purchases made via smartphones, according to the latest Forrester Research data.

Apple Inc.'s Apple Pay or Alphabet Inc.'s Android Pay are the most popular digital wallets, and retailers have launched many mobile payment apps in the last two years.

But acceptance has been slow, largely because most systems require new equipment at stores.

Wal-Mart Pay was launched in December 2015 and can be used in all of the retailer's 4,600 U.S. stores.

Customers at the checkout counter must choose the payment option within the app on their smartphone, and activate the camera to scan the code at the register.

An e-receipt is sent to the app.

Eckert also said more than 90 percent of transactions on the app involve customers are using the service more than three to four times a month.

He declined to give the overall number of users who use Wal-Mart Pay.

Wal-Mart leads a consortium of U.S. retailers developing a mobile wallet app called CurrentC.

The group, which includes Target Corp. and Best Buy Co Inc., said earlier this year it would delay launching the app after the project hit several roadblocks.

REUTERS

Wal-Mart customers will get a new way to pay next year. GETTY IMAGES

BRIEF

NBCUniversal in deal to sell ads for Apple News

Comcast Corp.'s NBCUniversal will begin selling ads for Apple Inc.'s News app next year in an exclusive deal, the companies announced on Monday.

Apple will outsource the selling to NBCUniversal, which already has relationships with many major U.S. advertisers. The deal is reminiscent of one that Snapchat struck with Viacom earlier this year, under which Viacom sells advertising on Snapchat's behalf.

Unlike Apple, however, Snapchat has been filling its sales roster as it prepares for next year's initial public offering.

Apple does not have its own sales team after it shut down its iAd app ad network in June, which was used to fill unsold inventory for Apple News.

Apple launched its News app last year and currently has over 70 million active monthly users.

Publishers on the app, which include The Wall Street Journal and The New York Times, will still be able to sell their own ads and keep all of the revenue, but now NBCUniversal, rather than Apple, will sell the extra inventory.

REUTERS

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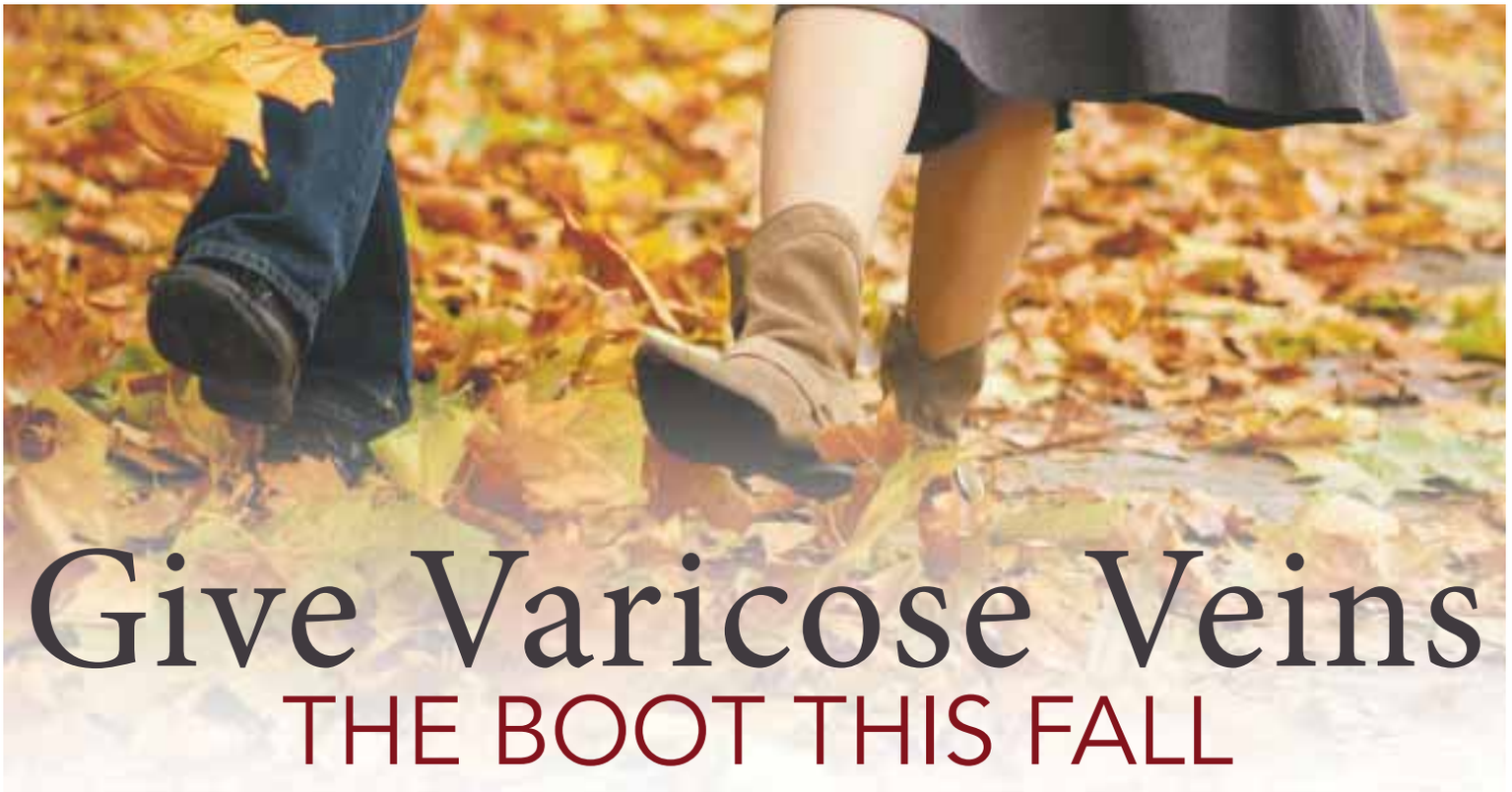

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Hate speech seeps into US mainstream amid bitter campaign

The lettering is crude, scrawled in black spray paint on the sidewalk in front of Karen Peters' neatly kept home in the quiet, working class neighborhood where she's lived most of her life. But the contempt is clear.

"KKK Bitch."

The racially charged graffiti appeared in mid-October on cars, homes and telephone poles in the small city of Kokomo, Indiana. Many victims, like Peters, were African-American, though some were not. Many also had lawn signs for Democratic candidates in this week's presidential election, and the signs at several homes were painted over with the Ku Klux Klan's notorious initials.

In the United States, reports of hostile political displays, vandalism and violence are cropping up regularly. GETTY IMAGES

"When you have [candidates] saying ignorant things, maybe other people think it's OK to do this stuff, and that's pretty doggone sad. ... It seems like our country is going backwards."
Peters

"I think it's a political thing; it's getting out of hand," said Peters, who believes the heated tenor of the presidential campaign — and especially the aggressive, nativist rhetoric of Republican candidate Donald Trump — has emboldened extremists.

"When you have [candidates] saying ignorant things, maybe other people think it's OK to do this stuff, and that's pretty doggone sad. ... It seems like our country is going backwards."

Police have no suspects in the attacks. Democrats, including the mayor and local party officials, believe they were politically motivated. Local Republicans are skeptical, suggesting the damage is the work of ignorant hooligans with no place in the party.

Across the United States, the inflammatory and confrontational tone of political rhetoric is creeping into public discourse and polarizing the electorate.

It's hard to quantify the impact; there is no national data that tracks politically motivated crimes or incendiary speech.

However, the percentage of voters who believe insulting political opponents is "sometimes fair game" has climbed over the campaign season, to 43 percent in October from 30 percent in March, according to surveys by the non-partisan Pew Research Center. A majority of voters for both parties have "very unfavorable" views of the other party — a first since Pew began asking the question in 1992 — and distrust in government is hovering near all-time lows.

"These indicators reflect inter-group tensions that can translate into everything from coarse discourse or low levels of aggression all the way up to extremist acts," said Brian Levin, director of the Center for the Study of Hate and Extremism at California State University.

While much of the venom has been aimed at immigrants, African-Americans and other groups typically aligned with Democratic presidential candidate Hillary Clinton, Republicans also have faced vitriol and hostility.

Much of the debate over extremism has focused on the so-called Alt-Right, a loose-knit movement of white nationalists, anti-Semites and immigration foes that has emerged from the political shadows to align itself with the Trump campaign. REUTERS

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RESULTS ARE ALREADY IN!

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously." @tomforemancnn

Well, no — and honestly, if I knew for certain who was going to win, I'd have better things to do with my millions than writing this. However, I can offer this — my special Election Day edition of three things to watch in politics!

1. FLORIDA, FLORIDA, FLORIDA
You get tired of hearing it every four years, but the Sunshine State is once again poised to be the decider. With a whopping 29 electoral votes and a knife-edge split between Donald Trump and Hillary Clinton, the grapefruit gang will likely play a huge role in the final electoral count. To be sure: Clinton does not absolutely need Florida to claim victory, but if it tilts to Trump (who must have every remaining battleground and then some) that could be a very bad sign for Dems who desperately want a resounding win after this ugly campaign.

Keep your eyes on the south, my friends!

2. MARGINALIZED?
No matter who grabs the prize at the end of the night, he or she needs to do so convincingly. If the popular vote is super close or the electoral margin a squeaker, the likelihood goes way up for a legal challenge or a vigorous call for a recount. Not that either would have much chance of reversing the results (that almost never happens) but if the results are murky whoever wins will face an even tougher time in office — and the next four years already look plenty difficult.

3. BRINGING DOWN THE HOUSE
The chance of the Dems taking control of the House of Representatives is way small, but the Senate? Could be. And the battle for that chamber is arguably more critical than the race for the Oval Office. Watch the returns state by state on this front. Simply put: If either party gets the White House AND the Senate, things could start happening. If not … meh … don't hold your breath for any quick end to gridlock.

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Jennifer Aniston claps back at the media

The media has a special affinity for Jennifer Aniston. No matter what she — or her exes — does, the rumor mill will always find a way to keep the 47-year-old actress front and center.

But Aniston herself recognizes the harm in these invasive stories. She recently penned an op-ed on Huffington Post slamming tabloids for using her to objectify women and promote limited, sexist narratives. More recently, she sat down with Marie Claire to explain her decision to speak out.

"My marital status has been shamed; my divorce status was shamed; my lack of a mate had been shamed; my nipples have been shamed. It's like, Why are we only looking at women through this particular lens of picking us apart? Why are we listening to it? I just thought: I have worked too hard in this life and this career to be whittled down to a sad, childless human."

Looks like Jennifer has lost her effs to give. The full interview will be available on newsstands Nov. 15.

ALL PHOTOS GETTY IMAGES

Sophie Turner and Joe Jonas might be dating

The MTV European Music Awards were Sunday in Rotterdam, Netherlands. Joe Jonas, 27, and Sophie Turner, the 20-year-old actress who plays Sansa Stark in "Game of Thrones," were both in attendance… together… cuddled!

The pair looked very cozy as they sat next to each other in the audience before Joe's performance. If this is a newly formed couple, we're here for it! Just imagine: Joe Jonas of House DNCE, Ruler of Hair Gel, Lord of Winterfell.

INSTAGRAM/@THESOPHIETURNER

A Sophie Turner fan page on Instagram posted these photos of the couple a few hours before the award show. Joe better not break Sansa — we mean Sophie's — heart. She may have learned a thing or two from her revenge kill against Ramsey Bolton.

T.I. is not feeling Lil Wayne

Rappers Lil Wayne and T.I. are longtime friends. They've collaborated on music together, and their teenage daughters were once a part of the same girl group, OMG. But T.I. is willing to put their friendship to the test for what he believes.

After Lil Wayne said he felt disconnected to the Black Lives Matter movement because he's rich, T.I. took his friend to task on Instagram. The 36-year-old Atlanta native said he was "at a complete loss of words" when two of his children showed him the "Nightline" clip.

"I don't know what you goin thru, or what you are attempting to avoid but this s—t is absolutely unacceptable!!!! You're disrespecting yourself, bringing shame on your family name & tarnishing your legacy. You have children (including mines prior to now) that have looked up to you. You have sons & a daughter that depend upon your leadership."

I'm sure Lil Weezy didn't imagine that his rant could cost him a friend.

Russell Brand is a dad!

Funnyman Russell Brand, 41, can now add Dad to his official title. Russell coyly announced that he was expecting a child on Instagram in July when he posed with a copy of "The Expectant Dad's Handbook."

We hope he's ready, because during a stand-up set at Nottingham Playhouse in England on Sunday night, Russell announced to the audience that he had to bounce on time because his girlfriend just had a baby. The girlfriend in question is actually his fiancée, Laura Gallacher. A fan told The Mirror that he was conscious of the clock and made sure he was off the stage by 9 p.m. to make it to the hospital.

Congrats to the couple. And good luck to Laura, who has two kids on her hands now...

Melanie Lynskey: Indie queen

The actress talks about her new dramedy "Rainbow Time" and keeping things small.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Melanie Lynskey went from starring in "Heavenly Creatures" as a teen to a rich career making the types of movies Hollywood doesn't fund anymore: the ones about relationships, about people, about foibles and neuroses and bizarre but recognizable feelings. The latest is "Rainbow Time," a dramedy about a man named Todd (Timm Sharp) who's serious enough about his girlfriend Lindsay (Lynskey) to introduce her to his family. They happen to include an old school dad (Tobin Bell) and Shawnsy (Linas Phillips, who also wrote and directed), Todd's "slow" brother, who has the brain and the sexual drive of a teenage boy.

GETTY IMAGES

In "Rainbow Time," Melanie Lynskey plays a woman whose boyfriend (Timm Sharp, left) introduces her to his weird family, including his sex-obsessed brother (Linas Phillips, center). THE ORCHARD

Lindsay is thrown into this strange family, but she's really open and understanding about it and doesn't judge.

I think she's understanding to the point where she makes it harder for Todd. Because he knows them. He grew up with them, he knows what the deal is. Even though I think he's a little oversensitive about it, she kind of forces him to places he doesn't want to go to.

You knew Linas from a stint he had on "Togetherness." You seem to work a lot with friends. "The Intervention" was something you did for your best friend, Clea DuVall, and she got you to play a character you haven't before: a bossy alcoholic.

I think she really wanted to write something for me where I got to do a lot of things she finds funny when I do them in real life, which is pretending to be drunk and pretending to be a very bossy person. Because it's so different from me. It was really fun to have someone who knows me better than literally everyone else in the world create something for me.

Did Linas write the "Rainbow Time" role for you?

He wrote it with me in mind, but I know it's based on somebody he knows. You have to be a little bit like, "It's mine now." [Laughs] He was a little bit protective. Sometimes he would start talking to me about how the actual person responds to things, and I'd like, "OK, but …" But he was good at giving it over to me. It's just sweet that he was so protective. He cared so much about this movie.

You seem to exclusively do indies.

It's all I do. I feel like when people are casting action movies, I'm not the first choice. But I like it. It's a little bit of a depressing time for character actors and female actors. With studio movies, unless you're a movie star, there's not a lot out there for women. There's that whole wife on the phone thing: "Are you OK?" I'm on the SAG nominating committee, and they sent out the little booklet with all the names, and you fill in whoever you want to be nominated. I noticed that for male supporting actors, there were three more pages than for female supporting actors. If you think about any movie set at the CIA or "Spotlight" — it's a brilliant movie, but it's almost all men in great supporting roles.

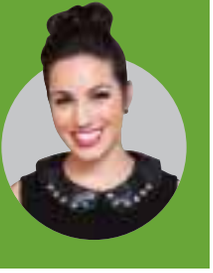
ISTOCK

How to write a dating profile to attract the right matches

LAURIE DAVIS EDWARDS

Single and Swiping

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."



Are you attracting the type of matches you're looking to meet? If not, it's probably your profile. (And yes, you need to write something, not just post photos … even on dating apps.)

Writing a profile will mean better connections because it becomes easier for people to start a conversation with you, and — when done right — will attract the people you want to meet.

Here's my step-by-step guide to knowing exactly what to say in your dating profile:

Brainstorm keywords

Consider your life by asking yourself: What do you love to do? How do you spend most of your time? What are you interested in? Write down all the words that come to mind. In particular, focus on specific interests like "fitness" or "museums" that will help someone understand your life in a snapshot.

Get clear on who you want to meet

To attract quality matches, you'll have to define quality for yourself. Focus on the type of person who is interesting to you. Consider: What might you have in common? What about you would the person you're looking to meet be attracted to?

Explore the overlap

The sweet spot for profile content is the intersection of your interests and your match's intrigue. It makes the other person excited to message and meet you. Find three to five keywords that lie in the sweet spot and explore them more. Write down everything you can about those topics so you can see all the potential topics to incorporate. For example, "fitness" might make you think of yoga, which reminds you of the retreat you took in the Berkshires.

Start writing

I find that most great profiles will highlight these three to five topics in interesting and specific ways. It gives your match enough to connect with but doesn't overwhelm them, either. On an app, about three to five sentences is also the ideal length and on a site where there is more space, three paragraphs is best. Above all, remember that perfection always seems too good to be true. Don't be afraid to balance all that yoga by revealing your hot chocolate indulgence.

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."

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1611ADMTC_8

PLEASE CLIP AND MAIL WITH YOUR GIFT TODAY!

Why Knee And Hip Arthritis Pain Sufferers Are Flocking To This Manhattan Medical Clinic To Relieve Pain And Avoid Joint Replacement Surgery

Knee Arthritis Pain Breakthrough?

Real Doctor's Advice On The Most Advanced Medical Treatments For Knee Arthritis Pain

"The Knee Arthritis Treatment Everyone Is Talking About..."

By Matt Edgar
America's Heath Writer

NYC - Modern medicine has come a long way.

The success stories and lives saved are endless.

And now, through advanced technology and science - skilled medical doctors are helping more knee and hip arthritis pain sufferers than ever before.

In just a moment, I'm going to reveal some of these incredible arthritis pain techniques...

So you can possibly relive some or all of your pain...

Just like thousands of others already have.

I bet many of these former arthritis pain sufferers were just like *you.*

But first, I have to tell you about this - it's very important information so you can make the very best decision about relieving your arthritis pain.

It will also help you avoid costly and painful mistakes.

Ready for some great arthritis pain relief information? Ok, here we go...

The Two Arthritis Treatment Paths...

The first thing to understand, is that there are basically two treatment paths you can choose to go down when you are looking for relief to knee or hip arthritis pain.

One path is non-surgical. You do not want surgery (who does!) so you do everything you can to avoid it.

You take pain pills, do physical therapy and exercises and maybe you even changed you diet.

Nothing worked. The pain progressively got worse until you couldn't stand it anymore.

Because you did not get the proper treatment - your joints decayed past the point of no return. Now they are basically "bone on bone" and the doctor told you there is no other option. You need...

The Dreaded...

joint replacement surgery.

I will admit - some people do need joint replacement surgery.

This procedure has come a very long way in recent years.

For some, at a certain point, this is the way to go.

But - and this is a very big but... even though this procedure has improved dramatically... it is not without risk.

In fact, a $500 million verdict in a lawsuit was just awarded to patients who received faulty hip implants during hip replacement surgery.

Some of the damage being reported from the faulty hip replacements sounds horrific.

There is no doubt, joint replacement surgery should be your last resort.

But too many people think they need joint replacement surgery when you do not.

In fact, many respond extremely well to a medical treatment approach that is finally becoming much more popular.

This is...

Treatment Path #2

This treatment path is non-surgical but it probably NOT what you are thinking.

It is NOT pain pills and grueling exercises. We think it is...

Much better

It is a treatment that actually puts vital lubricating gel directly into your arthritic knee or hip joint.

This is extremely important because when you have arthritis, you lose lubricating fluid in your joints.

In other words, your joints basically "dry up."

This causes joint surfaces to rub together causing all kinds of problems including brutal PAIN.

As time goes on - the joint wears out more and more and the pain can be excruciating.

The medical procedure I am speaking about is called...

viscosupplementation. During this procedure a FDA approved gel-like medicine is placed directly into the joint space.

This allows the joint to glide freely and move much better again.

This decreases the abnormal rubbing and wear and tear and, in many cases, decreases or even eliminates pain.

Sounds Great Right?

It does But... viscosupplementation has not worked for many people.

There are two very important reasons why:

If you have knee or hip arthritis pain and want to relieve your pain without surgery - or if you have already tried viscosupplementation without good results - what you are about to discover will be extremely important...

Why Is This Treatment In Such High Demand?

"Precision Arthritis Targeting" Technology

There are many big medical clinics in NYC. In fact, New York offers some of the best medical care in the world.

With so many great options - **why are knee arthritis sufferers flocking to NY Pain Relief MD?**

There are several reasons. The first is what we can "Precision Targeted Knee Pain Technology."

Here's what that means and why it is so important to you.

This treatment places a medical lubricating and cushioning gel directly into the arthritic knee joint. This helps the knee glide more smoothly decreasing or eliminating pain.

Precision Arthritis Targeted Technology Or PATT means that we use extremely advanced digital imaging to make sure this lubricating gel is placed precisely where it is supposed to go. This means treatments have the best chance for success.

Doing this procedure without this advanced technology often leads to misplaced lubricating gel and failure.

Another secret to success is using multiple treatments to maximize pain relief and healing. NY Pain MD uses multiple brands of lubricating gels and also offers stem cell therapy and platelet rich plasma (PRP). PRP is being used by top professional athletes in an attempt to heal injuries faster. The combination of these treatments can often get incredible results when other treatments have failed.

While many clinics only offer one of these treatments - NY Pain Relief Md offers them all under one roof for maximum results and convenience.

And just as important is the experience of NY Pain MD Relief doctors. NY Pain Relief MD doctors are experts at this procedure and have successfully done thousands.

The first reason some people did not get good results with viscosupplementation is... bluntly... this is a real medical procedure done by real medical doctors.

This is NOT a "wonder cure" sold by slick marketers.

In the real world of medicine and science, no treatments work 100% of the time or on everyone. And no good and ethical doctor would make such a claim or guarantee any results what-so-ever.

So, there are some people that will not get results with this treatment.

Reason #2

To assure the best possible results, this treatment requires expensive advanced technology and a skilled medical doctor with experience doing this procedure.

For this treatment to have the best chance to work, the lubricating gel must be placed precisely into the joint space. Thats why **"Precision Arthritis Targeting Technology"** or PATT is always used. PATT uses a special medical camera and fluorosocpic imaging to guide the procedure and make sure the gel-like medicine gets exactly where you need it.

Many doctors doing this procedure do not use this advanced digital imaging and do these procedure either under ultrasound or "blind."

No Difference?

They say there is no difference - but research shows that doctors doing joint injections without being guided by the proper imaging ***completely miss the joint space about one third of the time.***

And because treatments are so precise - most patients report they are also painless.

Now that you know the facts - would you choose a doctor who uses advanced digital imaging to guide the treatment - or one who injects you blind?

Can you see why this treatment has not worked for so many? And can you see why, with the Precision Arthritis Targeting Technology and a doctor who has already done thousands of these procedures - ***it could work for you?***

That's why so many knee and hip arthritis sufferers are flocking to a medical clinic in NYC called "NY Pain Relief MD" that focusses on helping patients relieve their knee and hip arthritis pain and get back to doing all the things they want to do - like playing golf, walking without pain, tennis and many others.

But one of the biggest successes is when patients who were told they needed joint replacement surgery cancel the surgery because they feel so much better.

They get such great results because they use advanced digital imaging (PATT) to guide their treatments, their doctors are specially trained and have performed THOUSANDS of treatments and they use multiple brands of lubricating gels (many doctors only use one they have a "relationship" with).

But that's not all - for difficult cases, they also add advanced PRP and Stem cell treatments with often wonderful results.

Every patient is unique and they have a very unique treatment plan for every single patient so you can get the best possible results in the shortest amount of time.

Here's How To Find Out If We Can Help You

If you have knee or hip arthritis pain and would like to find out if the treatments at NY Pain MD can help you - you can come in for a risk-free no-obligation screening.. During this screening you will get a chance to ask questions and find out if you are a candidate for these advanced medical treatments - and what your best options are. The screening is completely free with no further obligation.

After your screening, you will breath a big sigh or relief knowing what your options are and the best way to deal with your pain.

If you are not sure - I know exactly how you feel. Arthritis pain is brutal. And it is hard to get straight answers.

So many patients felt the same way.

They told us they had given up until they read some information just like this and they came in to see us.

Then their life changed so fast - it was incredible

Give us a call right now at 855-456-PAIN and schedule your free screening.

The worst thing that can happened is you find out this treatment is not for you.

But what if we really can help you?

What if we really can get rid of some of all your pain?

What would that be worth you?

If it is worth a couple hours of your time - give us a call.

NY Pain Relief MD
65 Broadway Suite 1004
New York, N.Y.
855-456-PAIN (7246)
(Med Director: G Craig)

NYC PAIN MD

Authentic Hawaiian poké, now in Midtown

Not all raw fish bowls are alike — why Sweetcatch Poké Bar is different.

EVA KIS
@thisiskis
eva.kis@metro.us

Back in January, the improbable happened: The trendiest dish of winter wasn't a hot cocktail or comfort fare but raw fish bowls.

Restaurants serving poké — a Hawaiian dish of raw fish over rice and veggies — have been popping up all over NYC since but have little in common with the real thing, according to Bobby Kwak, who's promising authenticity with Sweetcatch Poké Bar, a new fast-casual shop whose first location (of three) opens Nov. 9 at 642 Lexington Ave.

"I was walking around trying to find pizza, and all I see is people walking around with these little bowls," recalls Kwak of a trip to Hawaii several years ago. "This is the equivalent of a hamburger or hot dog or pizza for Hawaiians, and it's healthy."

Kwak is already known in NYC for his wildly popular Korean barbecue spot Kang Ho Dong Baekjeong — which hasn't exactly prepared him to serve poké. So he recruited a friend and fellow New Yorker, chef Lee Anne Wong, a Season 1 "Top Chef" finalist who moved to Honolulu a few years ago and heads up the Asian-influenced all-day brunch spot Koko Head Cafe. "I needed somebody who truly understood the integrity of this product," says Kwak. "I'm not gonna go and take a Hawaiian staple and try to re-create it myself because I wouldn't be able to perfect it."

> *"This is the equivalent of a burger or hot dog or pizza for Hawaiians, and it's healthy."*
>
> Bobby Kwak, owner

Neither were any of the poké spots he tried in NYC. There are two main reasons for that, according to Kwak, beginning with a technique he understands well. The marinated short ribs at Baekjeong are what earned the restaurant raves, but NYC's current poké spots are trading off that depth of flavor for total customization. "That 40-45 minutes that it soaks in the marinade, the meat is absorbing the sauce and flavors, whereas if you drizzle it at the end you're essentially eating a sashimi salad," he explains.

Chefs Kohei Kishida and Lee Anne Wong created the menu at Sweetcatch Poké Bar. PROVIDED

The fish at Sweetcatch will be served by weight (about $8 per quarter pound), the same as at Hawaii's deli-style counters, with four available daily "intuitive pairings" of marinades that will rotate. Some will be flown in from Hawaii, supplemented by local catch from as close as Long Island that could include lobster and other shellfish. The seafood will be served chilled over warm rice. (Noodles and salad are also offered as bases.) The shop itself features Hawaiian touches, including beer, wine and sweets from the islands.

The second issue is what that fish is, exactly, that's being served up. "We're going to educate people where we're getting the fish from, which local, sustainable fisheries," says Kwak. They'll never be frozen, a process that involves using carbon monoxide gas that can hide its age by enhancing its color.

Besides serving only sushi-grade fish, Sweetcatch traces its product down to the boat when possible, sourced responsibly. This keeps fish populations healthy — and ensures they're not coming from contaminated water.

"Because it's a raw product," says Kwak, "people need to understand and be educated about it even more."

What your 'I Voted' sticker can get you

After a long election season, it all comes down to one night. Make it last — we could be here all night — with these specials only for those who've done their civic duty and flash their "I Voted" sticker.

Rochelle (205 Chrystie St.): Slam a free shot of whiskey in relief that it's all over by flashing your sticker at this old-school New York bar. This is also one of the few places where the party will go on until there's a winner!

Harding's (32 E. 21st St.): Show the bartender you voted and get a $5 house cocktail, beer or wine. The bar will offer free snacks to all guests from 9-10 p.m. and raffle off prizes.

Lo-Res Bar (136 Metropolitan Ave.): The downstairs bar at Williamsburg's Nitehawk Cinema will be showing election results (until last call at 1 a.m.) and offering all-night happy hour prices on draft beer and well drinks to voters.

Playa Betty's (320 Amsterdam Ave., UWS): Get a free shot of their signature Frozen Paloma topped with a blue liqueur floater for doing your part to further democracy. And even if the election didn't go your way, you can still have it your way with the Build Your Own Taco Platter ($14.95) with patriotic tricolor tortillas.

Schmackary's (362 W. 45th St.): If there's one thing we can all agree on, it's cookies. The first 50 customers wearing an "I Voted" sticker get a free T-shirt with the slogan "Make Cookies Great Again!" (which can also be had for $16) at the shop's original location near Times Square.

The Way Station (683 Washington Ave.): The Prospect Heights home for "Doctor Who" fans is staying grounded in the real world for one night with an endless happy hour for voters and free pizza for all from 7-8 p.m. EVA KIS

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Wax Club takes the pain out of waxing

ALL PHOTOS PROVIDED

Getting waxed is no relaxing trip to the spa, but owners of the newly opened Wax Club want it to be.

Customers entering the glitzy Tribeca location are immediately met with a glass of prosecco or a latte (depending on what the time of day). "On Thursday's we have sangria night," says co-owner Marcy Kornblum.

Kornblum, a Realtor and marketing expert, jumped at the opportunity to open Wac Club when her friend Julia Davidov, a Manhattan salon owner, came up with the idea for unlimited monthly waxing.

For $89 per month, Wax Club members can schedule as many services as their hearts desire. But how much waxing does a person need? "Our customers do about $300 a month in services," says Kornblum. "Arms, legs, Brazilian, eyebrows, lip, chin — it all adds up."

Considering the average price for a Brazilian bikini can be upward of $70, and eyebrows are at least $20, for a dedicated waxer $89 is a steal.

And if you don't want to sign up for a monthly membership, Wax Club offers a la carte services as well: full arms are $35 and a Brazilian for the ladies is $45.

Reasonably priced waxing services in NYC often mean you're stripping off in the back of a dingy, no-frills nail salon.

But the partners, fans of girly amenities at chains like Dry Bar, were committed to making sure customers feel pampered during their appointment. They designed Wax Club with glamorous chandeliers and plush sofas and refuse to sell products, to avoid putting pressure on customers.

"We're focused on service and a small-town feel in the big city," says Kornblum.

Wax Club
150 Chambers St.
212-804-8100

Customize your shampoo

Face it, your hair has a mind and temperament of its own. Which is why beauty startup Function of Beauty offers customized shampoos and conditioners with over 12 billion possible combinations.

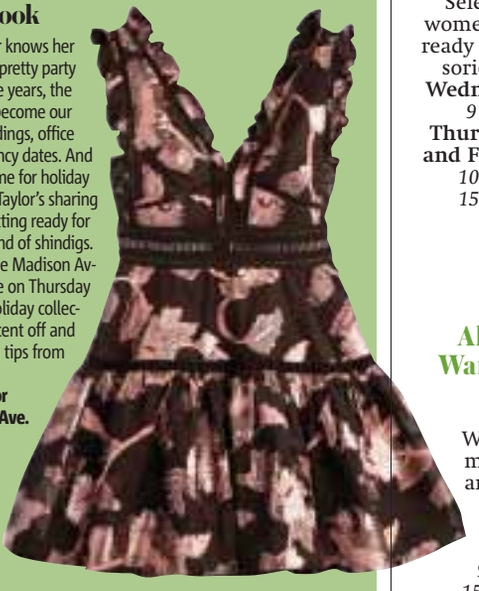
Here's how it works: You log on to their site and take a short hair quiz. Do you have straight, wavy or curly hair? Is it fine or coarse? Then it's time to select five hair goals (this editor's wish is to be frizz-free) before you move on to the fun stuff: What color do you want your concoction to be? And better yet, what scent?

For those of us who prefer a little face time, Function of Beauty is launching a Nolita pop-up where customers can watch their shampoo and conditioner being made.

The best part: Each bottle is personalized with Function of {shoppers name} so your roommate, S.O., little sister knows to back off.

Function of Beauty Pop-Up Shop
Friday, Nov.11-Wednesday, Nov. 16
11 a.m.-9 p.m.
219A Mulberry St.
functionofbeauty.com

Rebecca Taylor styles your holiday look



TINA CHADHA

Rebecca Taylor knows her way around a pretty party dress. Over the years, the designer has become our go-to for weddings, office soirees and fancy dates. And now, just in time for holiday party season, Taylor's sharing her tips on getting ready for this year's round of shindigs.

Stop by the Madison Avenue boutique on Thursday to shop the holiday collection at 25 percent off and receive styling tips from Taylor herself.

Rebecca Taylor
980 Madison Ave.
Nov. 10
6-8 p.m.
RSVP: nicolette.mills@rebeccataylor.com

J.W. Anderson sample sale

Saturday, Nov. 12
10 a.m-7 p.m.
Sunday, Nov. 13
10 a.m.-7 p.m.
Monday, Nov. 14
10 a.m.-7 p.m.
The Bryant Park Hotel
40 W. 40th St.
RSVP: rsvp@lazarmedia.com

3.1 Phillip Lim Sample Sale

Selections from women's and men's ready to wear, accessories and shoes
Wednesday, Nov. 9
9 a.m-8 p.m.
Thursday, Nov. 10 and Friday, Nov. 11
10 a.m.-7 p.m.
150 Greene St.

Alexander Wang sample sale

Women's and men's apparel and accessories up to 80 percent off
Nov. 15-19
9 a.m.-8 p.m.
150 Green St.

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Deepak Chopra can help curb your Election Day anxiety

wellbeing

The world-renowned doctor says to go ahead and take off work today, if possible.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

The celebrity guru says your mantra today could be, "We will get what we deserve." Mic drop! PROVIDED

Deepak Chopra, new age spiritualist, best-selling author, Oprah collaborator, immortalized in a Kanye West lyric, has some wisdom to share with American voters who are all-consumed with anxiety right now:

"Do what needs to be done, and then leave the results to the unknown," he says.

Easier said than done, especially for a society that struggles with the concept of relinquishing control. But in this election year, which has seen unprecedented levels of stress across party lines, we could all stand to take a page from Eastern medicine.

We turned to the international wellness expert for advice on how to manage anxiety on Election Day.

What is your advice for coping with the stress of today?
The best advice is go with your conscience, have a vision for what you want to see America be now and in the future and ask yourself the following questions: No.1, What kind of world do I want to live in?

No. 2, What kind of world do I want my children and their children to live in?

Ask yourself to be guided into making the right choice. And then let go. And then every time you feel stressed bring your awareness into your heart, and take a few deep breaths and repeat those questions.

What about voters who know what world they want to see, which candidate they want to take the presidency, but are stressed because they fear their vision won't come to fruition?
You have to accept that you have an intention. Do what needs to be done, and then leave the results to the unknown. You do not control the collective consciousness. Accept your part in it. The unknown is all there is. There is no such thing as certainty in life and that is a good lesson right now. That's how we should live our lives always.

Exercise your right to vote and then go celebrate and don't worry about the results until they come out.

But most of us have to go to work!
Well, it's a good day to take the day off from work, if you have the ability to do so.

And if you don't?
You're not going to be working anyway, you're going to be biting your nails!

The best way to get rid of stress in the moment is to just be aware of your breathing or just of your body. The more aware you are of your breathing and your body, the easier it is to get out of the future and the past, which is where the stress is. The stress is never in the moment. The present moment doesn't have stress. It's thinking about the past and future that has stress.

Ah. That's helpful. And how do we focus on the present moment?
Observe your breath, observe your body, or ask yourself, "Am I in the moment?" Asking yourself, "Am I in the moment?" brings you into the moment.

What would you suggest for an Election Day mantra?
"We will get what we deserve."

Whoa. That's a difficult pill to swallow.
Yeah, but it's the truth. Ultimately whoever

	Committed to Quality
Terence Cardinal Cooke Health Care Center	★★★★★
Mary Manning Walsh Home	★★★★★
San Vicente de Paúl Skilled Nursing and Rehabilitation Center	★★★★★
Carmel Richmond Healthcare and Rehabilitation Center	★★★★★
Ferncliff Nursing Home	★★★★★
ArchCare Advantage Medicare Advantage HMO SNP	★★★★
ArchCare Community Life Medicaid Managed Long Term Care Plan	★★★
ArchCare Senior Life Program of All-inclusive Care for the Elderly	★★★★
ArchCare at Home	★★★
Calvary Hospital	10 Consecutive Years of Press Ganey Honors*

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www.archcare.org

ArchCare Advantage HMO SNP is a Coordinated Care plan with a Medicare contract. Enrollment in ArchCare Advantage depends on contract renewal. This information is available for free in other languages. Please contact our customer service number toll-free at 1-800-373-3177, seven days a week, 8 a.m. – 8 p.m. (TTY/TDD: 1-800-662-1220). Esta información está disponible gratis en otros idiomas. Por favor llame a nuestro número de servicio al cliente al 800-373-3177, TTY 800-662-1220, de domingo a sábado, de 8:00 am-8:00 pm. This plan is available to anyone with Medicare who meets the Skilled Nursing Facility (SNF) level of care. Participants may be liable for the cost of unauthorized or out-of-PACE program agreement services. You can ask for this information for free in other formats, such as Braille, large print, data CD, audio CD or qualified reader. Puede solicitar esta información de forma gratuita en otros formatos, tales como Braille, letra grande, en CD, CD de audio o un lector cualificado. Medicare and New York State evaluate plans based on a 5-star rating system. Star Ratings are calculated each year and may change from one year to the next. *Not subject to star ratings H1777_Stars_Approved H4393_2016StarsAd_CMS Accepted

MAKE HEALTHY YOUR NEW HAPPY

we get [as a president] represents our collective conscious. We will get what we deserve and then detach.

So do you say it to yourself?
Whenever you feel distress you can say it [to yourself].

Wouldn't that make someone more upset? The concept is very unsettling.
That's because we live in such a neurotic society. We have to come to terms with the fact that we're neurotic. We're a messed up, screwed up society that's totally insane. So just say, "I'm picking up my visitor's badge in this lunatic asylum." [Laughs]

You have a new wellness app, Jiyo.

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Children who use smart devices before bed twice as likely to sleep poorly

Children who use their smartphones just before bed are twice as likely to suffer a bad night's sleep, according to U.K. research.

Scientists at King's College London and Cardiff University recently published a study in the journal JAMA Pediatrics that confirms smartphones and tablets disrupt children's sleep even if the devices are turned off.

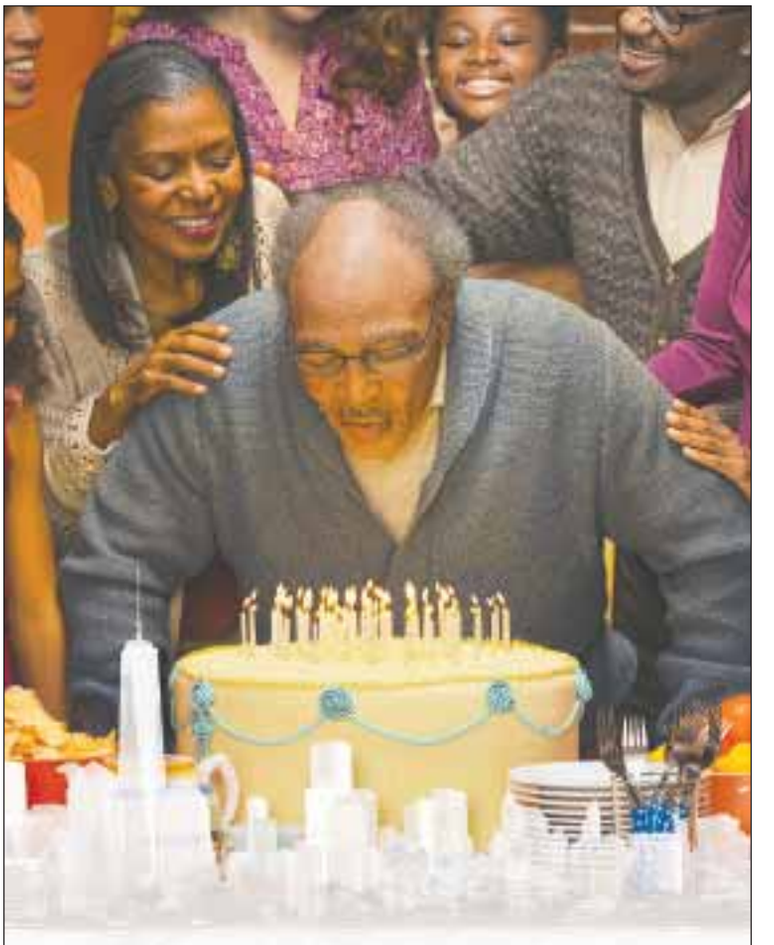
Researchers analyzed data from 17 studies that involved more than 125,000 children. "We found approximately double the risk of poor sleep in those children who used a media device, compared to those who didn't have access to a device," said Ben Carter, co-author from King's College London.

"However, more surprisingly we found a large increase in risk to those children who had access to a device in the sleep environment, but it was not used."

Using smart devices before bed is not smart if you're trying to snooze. ISTOCK

Sleep is crucial in the healthy development of children, and poor sleep is linked to health issues such as obesity, stunted growth, a reduced immune system and mental health problems.

According to previous studies, seven in 10 children and nine out of 10 teenagers keep at least one device in their bedrooms and most are used near to bedtime. Researchers suggest we avoid gadgets at least 1.5 hours before we go to sleep. DMITRY BELYAEV



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Knicks' struggles fly under the radar

The Knicks have been underwhelming so far despite high expectations.

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Derrick Rose drives to the basket against Utah this past weekend. NBAE/GETTY IMAGES

Lost in the buzz of a Giants' win and a stunning Jets loss is the fact that the Knicks are in a bit of a tailspin.

New York's most revered pro basketball team has lost three of its last four outings, including Sunday's afternoon affair to a Utah Jazz squad that erased a 13-point third-quarter deficit. With the NFL in full swing, the Knicks (2-4) have flown under the radar — and that's probably a good thing right now, considering recent losses.

The most pressing need for the Knicks is to find a way to hold onto leads. The Jazz defeat was a telling sign in that head coach Jeff Hornacek still doesn't have a solid rotation yet — or one that he trusts. New York rolls out one of the better starting lineups in the league, with Derrick Rose, Courtney Lee, Carmelo Anthony, Kristaps Porzingis, and Joakim Noah. But it's when several of the starters catch a breather on the bench that the Knicks find trouble.

Outside of backup point guard Brandon Jennings, whom Hornacek loves, there's really no one who's been a consistent contributor. The new head coach repeatedly lauds Jennings, and has at times even used the speedy point guard alongside Rose in crunch-time minutes — something the coach prepped for in training camp. But outside of maybe Lance Thomas, there aren't too many trusted options to hold down leads.

Sunday exploited that void for a Knicks squad that has now surrendered at least 100 points in every game this season — and blown leads in all four losses. The lack of staying power off the bench has caused some early concern for Hornacek, as he's still fiddling with trying to find a constant bench rotation.

"The hope is that you have confidence in your guys on the bench," Hornacek said. "You have to have confidence in them if they're going to go out there for a few minutes and give the starters some rest. Some nights, it's good, some nights it's not."

And lately it's not been that good. The end of the preseason featured lots of buzz about center Willy Hernangomez and small forward Mindaugas Kuzminskas and their possible expanded roles. But the coach has appeared to sour on the European imports, mainly due to their inexperience on defense. Both have very skilled offensive games, but when it comes to preserving leads, Hornacek can't trust them just yet. The coach has lately looked Maurice Ndour's way, as the forward is more defensive minded — and would be averaging over a block per game per 36 minutes.

The main reserves that have seen the floor more recently include Jennings, Thomas, forward Kyle O'Quinn, and guard Justin Holiday, but they had a hard time staving off the Jazz, meaning back to the drawing board for Hornacek — and perhaps more growing pains for the new-look Knicks.

The NFL season can only mask the Knicks' bench ills for so much longer, before New York's attention will shine back on the hometown's preferred basketball franchise.

Knicks notes

- The pick-and-roll is the oldest play in the book, but it's been baffling the Knicks' defense – and the triangle offense may be the reason why. Lee has noted that part of the problem comes from the fact the Knicks almost exclusively practice against the outdated triangle offense in team scrimmages, so when they're facing today's uptempo pick-and-roll-based offenses, they're a step behind.
- "I'm assuming next practice that we have [on Tuesday] we'll probably go over that [defending the pick-and-roll]," Courtney Lee said. "That's the majority of the NBA, the pick-and-roll offense, trying to get the defense shifting."

Devils' Cory Schneider establishing own legacy

The New Jersey netminder has his team in position to do damage in the Metropolitan Division.

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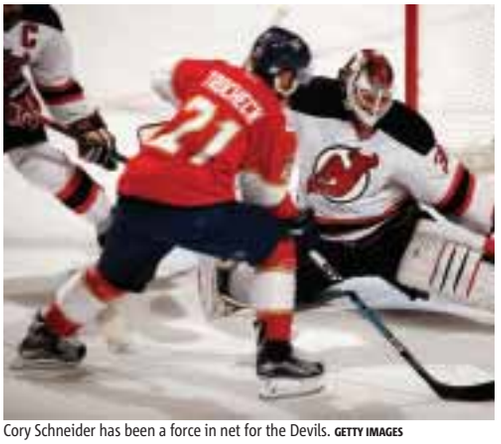

Cory Schneider has been a force in net for the Devils. GETTY IMAGES

It is never easy to take over for a legend, but in Cory Schneider the New Jersey Devils have a star in his own right. Now in his third season as the team's starter, he is beginning to cast his own shadow in the crease for a team with legitimate playoff aspirations.

Through 11 games, the Devils are 5-3-3, sitting in fourth place in the Metropolitan Division with 13 points. If they are going to snap a playoff-less streak that extends back to 2012, it will likely be the play of Schneider, an All-Star selection last year, that will take them there.

Replacing a legend and Hall of Fame goalkeeper in Marty Brodeur, whose retired number hangs from the rafters of the Prudential Center isn't an easy task. Saying that he is trying to establish his own road, his own legacy, Schneider has certainly done that over the course of three seasons. And now he is the face of the franchise, as he forges his own way in goal.

"It's been a couple of years now and I feel very comfortable where I'm at. I've shown people what I can do but now it is time to take that next step. It's time to get in the playoffs and be a big difference maker in that sense," Schneider told Metro. "Maybe steal a playoff series or two and start producing some of those kind of results. It is never easy replacing a guy like Marty and what he meant to this team, this area. But I'm hoping I can show people that I can do the job and I'm eager to get him to the next level."

It was a long road for Schneider to get here, even sitting behind Brodeur for a season following a trade in the summer of 2013 to New Jersey. But with the Devils he found a franchise that allowed him to grow not just as a starter but also as a star and a leader.

Off the ice, he's comfortable, affable and mixes in a quiet confidence with humility. In a sport where goaltenders often have a reputation for being aloof and arrogant, Schneider has in many ways broken the mold by being selfless and approachable.

But for a fanbase that routinely chanted "Marty's better!" in honor of Brodeur, the emergence of Schneider into a star has a beleaguered following suddenly believing that the Devils have turned a corner.

His strong play had the Devils in playoff contention until late last season and it will be Schneider again who will be counted on to help a team that many think is ready to jump into the postseason once again.

"It seems like every year it is kind of a jumble and then a couple teams or a team gets on a run. We want that to be us, we want to be the team that starts banking wins and gets some distance between us because come March and April it's really hard to make up ground. If you're playing catch-up it is really hard," Schneider said. He spoke at an autograph signing at Miami Mike's Sports Zone held in conjunction with JAG Marketing.

"I think we like the makeup of our room, some new additions, some high-end skilled guys, some guys who have been productive throughout their careers and some young guys ready to show that they belong. I feel good about the mix in our room — it takes some time to come together and find our rhythm but I think the early returns are great. Sometimes it takes too long and you're out of the race."

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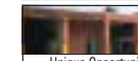

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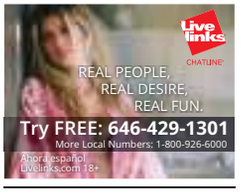

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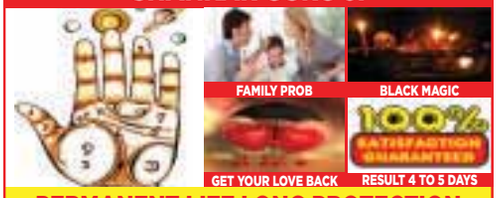

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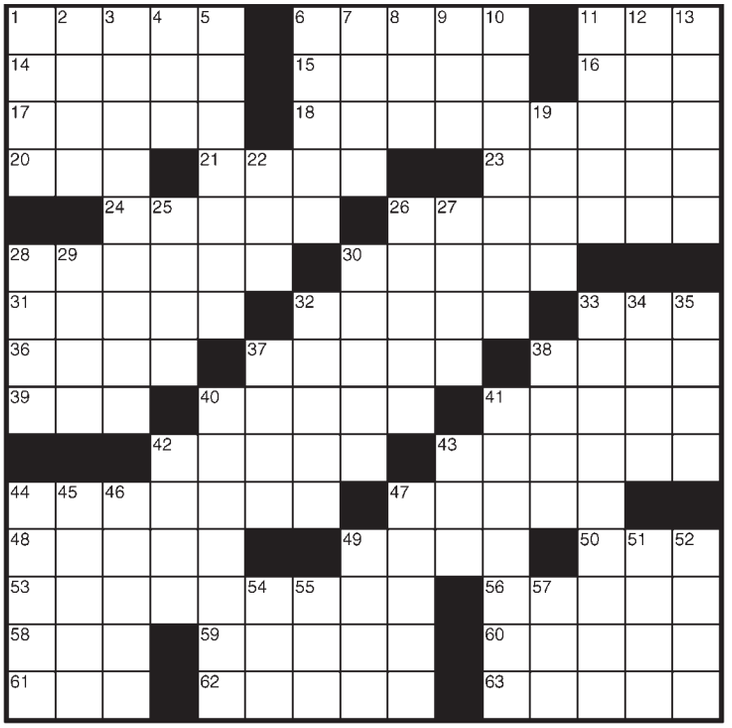
Across
1 Vamoose!
6 Legally impede
11 Soda-can opener
14 Boadicea's people
15 Limerick starter
16 Yalie
17 Chopin's instrument
18 Not go right (3 wds.)
20 Part of RSVP
21 Deck hands
23 -- pie
24 Role model
26 One more
28 Past
30 With good -- (willingly)
31 Hair tint
32 Mall booth
33 Pants problem
36 D'Artagnan prop
37 Alabama town
38 Bireme movers
39 Get spliced
40 Bamboo muncher
41 Geena or Bette
42 Special effort
43 Monet or Gauguin
44 Without doubt
47 Makes light of
48 Hobby shop wood
49 Nervous swallow
50 Villain's laugh
53 Big shock (hyph.)
56 Ease of manner
58 Beat a retreat
59 -- nous
60 Bert's Muppet buddy
61 Sauna site
62 Giggle (hyph.)
63 Kingly

Down
1 Takes tea
2 CI x II
3 Straightened
4 Beattie or Blyth
5 Epoch of grazing animals
6 Waters of blues
7 "Pygmalion" author
8 Decade number
9 Website suffix
10 Fan spreader
11 Hen's lack
12 Michael Caine role
13 Flea or gnat
19 Troubadour prop
22 -- Dawn Chong
25 Two tablets, maybe
26 Pleasant scent
27 LEM lander
28 Make coffee
29 Omigosh!
30 Coats with gold
32 Singer -- Rogers
33 Gorgeous
34 Rainbow goddess
35 Attention getter
37 Leave the dock
38 Word of honor
40 Castle wall
41 Medicine chest item
42 El --, Texas
43 IM offerer
44 Handle users
45 Easy shot (hyph.)
46 Ms. Verdugo
47 Thick soup
49 Crawford's ex
51 Land east of the Urals
52 Foot part
54 Vane dir.
55 -- degree
57 Smelter input



metro.us/sudoku

easy

		1	3			6		7
3					5		9	
	8	4			7			
		8		5			2	4
		9				7		
5	2			6		1		
			2			9	3	
	9		5					6
8		7			6	4		

hard

5	9	7		3	2			
1				7	6		9	
		4						
		9			7	4	3	
6								2
	3	5	2			7		
						3		
	4		6	5				1
			9	4		6	2	5

metro.us/horoscopes

Aries Keep a sharp watch over money matters and people who may try to take advantage of your good nature. Focus on mental and physical improvements.

Taurus Focus on what needs to be finished and don't stop until you reach your goal. Clear the clutter and prepare to begin again. Don't give up; get started.

Gemini Emotional deception will be a problem. Having a realistic attitude regarding your plans or financial situation will be necessary if you want to get ahead.

Cancer A day trip will result in you meeting new people, broadening your perspective and learning new things. The connections you make will bring you satisfaction and joy.

Leo Keep your financial affairs a secret. It's best not to overspend or try to buy love. Stay focused on making personal changes that will gratify you mentally and physically.

Virgo Be diplomatic when dealing with personal, domestic or health matters. Not everyone will see things your way. Tread carefully when dealing with relationships.

Libra Your involvement in networking functions that involve children will help you look at your future in a new light. Don't procrastinate. You should be moving forward.

Scorpio Emotional mistakes will be costly. Think outside the box and be sure to keep your expectations in perspective. Get your facts straight before you take action.

Sagittarius Put some heart into whatever you choose to do. Speak up and make positive changes based on what you want to accomplish. Don't settle for less.

Capricorn Don't worry so much about what others are doing. Focus on honing your skills and making sure you leave no room for error. Be a leader, not a follower.

Aquarius Look for answers from former colleagues or co-workers with whom you shared a rapport. Sharing the workload will help increase your output.

Pisces Focus on what you have. Money matters can be resolved if you are practical in your spending. Don't let a romantic desire turn into a costly mistake. EUGENIA LAST

Yesterday's answers

C	H	I	A		S	T	E	P				P	A	T
P	I	G	S		T	A	K	E	S		M	A	T	H
A	R	E	S		I	D	E	A	L		A	L	O	U
S	T	R	A	I	N		D	R	A	G	G	I	N	G
				Y	O	G	I		L	Y	N	N		
Q	B	S		N	I	L	E		S	U	A	V	E	R
T	A	I		S	L	I	P	S		S	T	A	L	E
I	T	E	R		Y	A	C	H	T		E	M	M	A
P	I	V	O	T		D	O	O	R	S		P	E	P
S	K	E	W	E	D		T	O	I	L		S	R	S
			B	R	I	G		S	C	O	T			
R	E	J	O	I	C	E	S		K	E	B	A	B	S
A	G	U	A		E	N	N	U	I		A	S	A	P
F	O	N	T		S	U	I	T	E		R	I	L	E
T	S	E				S	P	A	R		S	A	I	D

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